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Monday, September 12, 2011
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News worth sharing.

OLYMPIC CHAMP TRADES SKATES FOR RUNNING SHOES.



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MEETING OF THE MINDS FOR GOSLING
NEW FILM IS A DREAM
MADE REAL {page 15}

SKINNY DIP
LENTILS AND
PEPPERS KEEP IT
LIGHT {page 24}



STUNNED
STEELERS FALL
TO RAVENS IN
OPENER {page 30}



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Monday, September 12, 2011
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News worth sharing.

Keeping. Faith



► Celeste Pocher embraces her daughter after finding the name of her brother-in-law, John Pocher, at the north pool of the Sept. 11 memorial during a ceremony marking the 10th anniversary of the attacks at the World Trade Center in New York. More coverage, pages 8-9.

MARY ALTAFFER/THE ASSOCIATED PRESS

Remembering the lost at Ground Zero

Kienan safe at home

► Police acted on anonymous tip ► Boy found in his own home while parents out

RCMP/HANDOUT/THE CANADIAN PRESS

With the resilience of a three year-old, Kienan Hebert is back playing with his brothers and sisters as police continue their search for a suspect who snatched the boy from his Sparwood home and mysteriously returned him there unharmed five days later.

His weeping parents appeared before the media yesterday to thank all who supported them during the gruelling hours and days after their son's abduction last Wednesday morning.

But the boy's father, Paul Hebert, had a special thank you for "the person" who brought his little boy home yesterday morning. Police allege that person was convicted sex offender Randall Hopley, whom they also allege abducted the child.



► Kienan Hebert

"To the person who returned Kienan to our family I'd like to say thank you," Paul Hebert sobbed. "It was the right thing to do. I thank God that Kienan was returned unharmed."

RCMP Cpl. Dan Moskaluk said doctors assessed the boy and found him unhurt, in good spirits and happy to be reunited with his family. **THE CANADIAN PRESS**

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6.4 quake rattles Vancouver

Perry Schmunk was standing on low-lying, idyllic beach near Tofino on Friday afternoon watching ocean waves swell and chatting with a guest at his Vancouver Island resort when the soft sand shifted below their feet.

Just off the island's coast, the earth was moving, the result of a magnitude-6.4 earthquake that was felt well into the Interior.

"The best way I can describe it is the ground turned, it was like you were standing on a waterbed," he said in a phone interview from the Long Beach Lodge, where he works as the general manager.

"It shook — not violently, but it started rolling significantly for about half a minute. It went on for quite a while."

There were no immediate reports of damage and no tsunami warning.

The earthquake struck at 12:41 p.m. about 50 kilometres off the west coast of Vancouver Island, according to the United States Geological Survey. Smaller aftershocks followed. It felt as far east as Kelowna and Kamloops.

The earthquake also wobbled the upper floors of Vancouver City Hall and even gave pause to people in Seattle, said Heather Lyle, who runs provincewide earthquake drills with Emergency Management B.C.

THE CANADIAN PRESS

Paul Sullivan's take {page 14}



Media coverage of 9-11 memorial ceremonies was at its most powerful in capturing small moments of grief and regret. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Jobs and how to create them will be front and centre in the minds of investors on both sides of the border this week. Video at metronews.ca

10th. Anniversary



DARRYL DYCK/THE CANADIAN PRESS

Gathering at the border to remember 9-11

Young mom's body found

► Missing Burnaby woman discovered in suitcase floating in Fraser River ► Estranged husband charged with first-degree murder



PHYLICIA TORREVILLAS
@METRONEWS.CA

The estranged husband of a slain Burnaby mother has been charged in relation to her death, after her body was found in a suitcase floating in the Fraser River.

RCMP Sgt. Jennifer Pound of the integrated homicide investigation team (IHIT) said Yating (Lancy) Hu was confirmed dead after two boaters phoned in to report a sus-

picious suitcase on the Fraser River just west of Steveston on Aug. 27.

Hu's husband, Zhongming (James) Mou, 35, has been charged with first-degree murder, Pound added.

"They did have a history of marital issues," Pound said without disclosing any evidence related to the murder.

Hu, a 27-year-old mother of two, was initially reported missing by her husband, who said he last saw her when he dropped



► Yating (Lancy) Hu

her off near her apartment in the Metrotown area. But he later changed his story, telling police he saw her last on the morning of July 16 as she left their shared home in Coquitlam.

Pound said police withheld the discovery of the body from Hu's family and the public in order to advance their investigation.

"Lancy's parents ... want to say that this is providing them with just a little piece of closure," Pound said. "They realized that there may not be some good news for them at the end of this, but in their minds they have found her."

Mou will appear in Port Coquitlam provincial court today at 9:30 a.m.

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LETTER FRAUD

Porn scam targets seniors

A new scam is hoping to cash in on senior citizen's shame, according to West Vancouver police.

The department is currently investigating after receiving multiple reports of suspicious letters being sent to senior residents recently.

The letter threatens the recipient with a lawsuit for illegally downloading pornography on the Internet unless a settlement cheque for \$3,000 is paid to "Artisan International."

Police are warning seniors not to send money to the address under any circumstances.

Investigators are also asking any additional intended victims to come forward.

Anyone with information is asked to call police.

● MATT KIELTYKA

Police warn of cougars

Police are warning the public to be cautious after three unconfirmed cougar sightings along the southern tip of Vancouver Island this weekend, just under two weeks since a

cougar mauled an 18-month-old boy. Officials recommend people keep calm, don't turn their backs or respond aggressively.

THE CANADIAN PRESS



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Revving down, luxury car show moves on out

CHELSEA ALTICE/METRO



► A model displays part of the Roden Gray autumn collection at the Luxury and Supercar Weekend yesterday at the VanDusen Botanical Gardens

► Garden-party social scene attracts more than just car buffs

Vancouver's Luxury and Supercar Weekend (LSW) wrapped up yesterday at VanDusen Botanical Gardens, drawing a larger than expected crowd of car enthusiasts and glitterati.

Alexandra Straub, spokesperson for LSW, was ecstatic with this year's turnout.

"Our goal was to sell 6,000 tickets and it looks like we exceeded that," Straub said yesterday.

LSW introduced daily fashion shows and attracted socialite stars from the upcoming TV series Housewives of Vancouver, who sat in the front row on Saturday for Boboli and Max Mara fashion shows.

A McLaren MP3-12C was among the top attractions for car enthusiasts.

"This is the total package," said Michael Provenzano, president of Lower Mainland Performance Driver's Club. "They (McLaren) have a fabulous Formula 1

"This (McLaren MP3-12C) is the total package."

MICHAEL PROVENZANO, PRESIDENT OF LOWER MAINLAND PERFORMANCE DRIVER'S CLUB

history and for them to make a road car is amazing."

The Bugatti Veyron, the world's fastest road-legal production car, can reach a top speed of 431 km/h and was also highly rated among showgoers.

"This was top of my list because you will not see this car driving around Vancouver. You can't insure this car in B.C.," said car aficionado Lauren Dempsey of the dangerously powerful 1,000-horsepower engine.

While she wishes the Bugatti was in her garage, she will be waiting for the lottery, as it was the most expensive car at the show with a base value at \$1.9 million.

● CHELSEA ALTICE

Fishermen find missing man's body

The body of a 27-year-old Surrey man who vanished a week ago while camping with friends near Harrison Mills, north of Chilliwack, has been located.

A large-scale search had been conducted for Christopher Hannaford, who was last seen walking along the

Harrison River last Saturday.

Two fishermen turned up the man's body on Friday not far from where police suspected he entered the water, but the location was only accessible by boat and took several hours to retrieve.

RCMP Const. Tracy Wolbeck says

it's a very sad ending but now the family has closure.

Hannaford's brother flew in from Newfoundland and helped police make a positive identification.

A coroner's examination is being conducted to determine cause of death. THE CANADIAN PRESS

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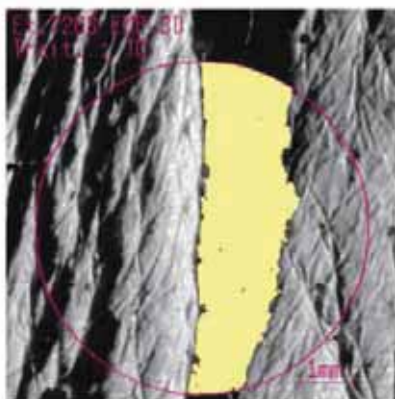
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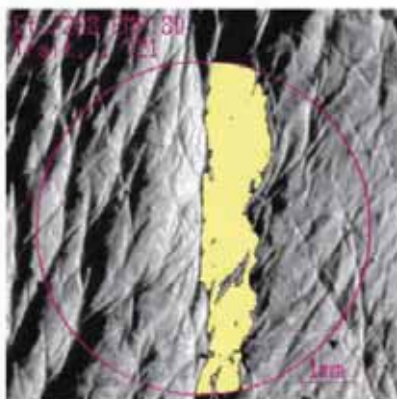


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► A dog and its owner take part in the look-alike competition.

Dogs walk for a cause

► B.C. is home to more than 34,000 homeless and abused animals

Dogs and owners joined together yesterday at the annual Scotiabank and B.C. SPCA Paws for a Cause fundraising walk in Stanley Park.

More than 1,000 people and about 600 dogs attended, not just to celebrate animals, but with the goal to raise \$1 million towards the cost of caring for the 34,000 homeless and abused animals B.C. SPCA

21 The B.C. SPCA needs \$21 million to care for the animals that are brought in.

takes in each year.

A day like this is very important, explained Lorie Chortyk, B.C. SPCA general manager of community relations, because the \$21 million that is needed every year to care for and shelter the ani-

mals comes from public donations.

"The animals that are here today are really the lucky ones because they're the ones that already have a loving home," said Chortyk. "It's so great that all those people came out to help us raise money for thousands and thousands of animals in B.C. that aren't that lucky."

● ARIANA KAKNEVICIUS

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Ride. Big wheel

► A rider uses a unicycle to navigate past the Tantalus mountains yesterday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Cycling from sea to sky

The GranFondo Whistler was held over the weekend. The 120-kilometre bike ride from Vancouver to Whistler on the Sea to Sky highway attracts some 7,000 riders each year.

RCMP seek independent probe into man's death

Mounties in Fort St. John have asked the New Westminster Police Service to conduct an investigation into the in-custody death of a 46-year-old man.

The Fort St. John man was arrested last Friday evening after police received a complaint.

He was locked in a cell and, during one of the routine checks, was found unresponsive.

Medical help was called, but the man was later pronounced dead.

Officers from the New Westminster criminal investigation section are in Fort St. John conducting the probe, which is meant to be independent from the RCMP.

The BC Coroners' Service is also conducting an investigation into the sudden death.

THE CANADIAN PRESS

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Anti-U.S. protests mar anniversary

The Sept. 11 attacks spawned many conspiracy theories around the world, especially among Islamists who allege American or Israeli involvement.

Malaysia's former prime minister Mahathir Mohamad, a vitriolic critic of the West, wrote on his blog that Arab Muslims are incapable of "planning and strategizing" such attacks. He added "it is not unthinkable" for former U.S. president George W. Bush to have lied about who was responsible.

In Pakistan, about 100 supporters of an Islamist political party staged anti-U.S. protests in Islamabad and Multan to mark the anniversary, holding up banners that repeated conspiracy theories. In Karachi, another 100 people protested the war in Afghanistan, launched in response to the attacks.

A few dozen demonstrators gathered outside the U.S. Embassy in London, with one group setting fire to a depiction of a U.S. flag during a minute's silence held to mark the moment when the first hijacked airliner hit the World Trade Center. A small group of Muslims staged a counter-demonstration nearby.

The Taliban marked the anniversary by vowing to keep fighting against U.S. forces in Afghanistan and saying they had no role in the Sept. 11 attacks.

Hours later, a Taliban suicide bomber in a large truck blew it up at the gate of a NATO combat outpost in eastern Afghanistan, killing two civilians and injuring 77 U.S. troops. None of the U.S. injuries were life-threatening, the Atlantic alliance said.

THE ASSOCIATED PRESS

► Robert Peraza, who lost his son Robert David Peraza in the attacks at the World Trade Center, pauses at his son's name at the North Pool of the 9-11 Memorial before the 10th-anniversary ceremony at the site yesterday in New York.



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JUSTIN LANE/POOL/THE ASSOCIATED PRESS

Sept. 11 anniversary marked worldwide

► From Sydney to Spain, formal ceremonies paid tribute to the nearly 3,000 who perished from more than 90 countries

A mother in Malaysia greeted her dead son. People in Manila left roses for the victim who helped give them homes. And mourners in Tokyo stood before a piece of steel from Ground Zero, remembering the 23 bank employees who never made it out alive.

A decade after 9-11, the day that changed so much for so many people, the world's leaders and citizens paused to reflect yesterday.

For some people, the pain never stops. In Malaysia, Pathmawathy Navaratnam woke up yesterday in her suburban Kuala Lumpur home and did what she's done every

day for the past decade: Wish her son Vijayashanker Paramsothy "Good morning."

The 23-year-old financial analyst was killed in the attacks on New York.

"He is my sunshine. He has lived life to the fullest, but I can't accept that he is not here anymore," said Navaratnam. "I am still living, but I am dead inside."

In Japan, families gathered in Tokyo to pay their respects to the 23 Fuji Bank employees who never made it out of their World Trade Center office. A dozen of the workers who died were Japanese.

Sydney resident Rae Tompsett, 81, said she's

Terror arrests

► In a reminder that threats remain, Swedish police said four people were arrested late Saturday in the west-coast city of Goteborg on suspicion of preparing a terror attack.

never felt angry over the murder of her son Stephen Tompsett, 39, a computer engineer who was on the 106th floor of the World Trade Center's north tower when it was hit by a hijacked plane.

"No, not anger," she said. "Sorrow. Sorrow that the people who did this be-

lieved they were doing something good."

The retired schoolteacher and her husband Jack, 92, were among more than 1,000 people who packed Sydney's Roman Catholic cathedral St. Mary's for a special multi-faith service.

"It's incredible that it is 10 years — it feels a bit like yesterday," Tompsett said.

About 150 people, some waving American flags, turned out in Madrid for a commemorative planting of 10 American oak trees in Juan Carlos I park by Crown Prince Felipe, his wife, Princess Letizia, and other dignitaries.

THE ASSOCIATED PRESS

Japan remembers earthquake victims

Up and down Japan's devastated northeast coast, survivors prayed and communities came together yesterday to mark six months since the massive earthquake and tsunami struck on March 11.

As the world commemorated the 10th anniversary of the World Trade Center attacks, Japanese parents hung colourful paper cranes for their lost children and monks chanted in front of smashed buildings.

Thousands also marched in the streets to demand that the country abandon nuclear power because of damage to the Fukushima Dai-ichi nuclear plant.

THE ASSOCIATED PRESS

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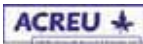
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MONDAY, SEPTEMBER 12, 2011

Hundreds die as ferry sinks off Tanzania

CAPT NEIL VAN EJK/WHIRLWIND AVIATION/THE ASSOCIATED PRESS

More than 240 people were killed when a crowded ferry sank off Tanzania's coast and some 600 have been rescued, officials said, figures that indicate the boat was filled beyond capacity.

Assistant police commissioner Mussa Ali Musa, the head of police in Zanzibar, yesterday said that at least 240 people died when the ferry sank early Saturday.

Relatives had claimed 192 bodies and 28 more were awaiting identification yesterday, said Mo-



► Survivors use flotsam after a ferry sank between mainland Tanzania and Pemba Island.

ammed About Mo-
ammed, the minister for state in the vice-presi-
dent's office on the island of Zanzibar.

THE ASSOCIATED PRESS

Briton shot dead at Kenya resort

Armed men shot dead a British man and kid-

napped his wife from a beach resort in northern Kenya near the border with lawless Somalia, officials in the East African nation said yesterday.

Police Commissioner Mathew Iteere said the

couple arrived at the resort after visiting Kenya's Masai Mara reserve. He said they were the resort's only guests. He said police believe the husband resisted and was shot.

THE ASSOCIATED PRESS

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EMPLOYMENT

Job woes at home and abroad

Jobs, or more aptly a lack thereof, will be top of mind among traders this week.

In the U.S., Americans are waiting to find out if Congress will pass President Barack Obama's job-creation act.

North of the border, Canadians will be warily watching for signs of a continuation of the job losses the country suffered in August.

Economists expect a lull in jobs growth will continue in the coming months after a much weaker than expected report on Friday showed 5,500 jobs were lost in Canada last month.

The consensus call had been for the

creation of 25,000 net new jobs.

And those jobs figures from August, troubling as they were, did not reflect recent turmoil on the stock markets, which saw billions of dollars of Canadian investments wiped out, said TD Bank deputy chief economist Derek Burleton.

"We're only going to begin to see some of the confidence impacts on hiring in the coming months," Burleton said.

"We're looking at very minimal employment growth, something that's better than that August number, but by no means are we going back to the trend rates of employment growth that we've been seeing."

BMO Economics is forecasting that job growth will slow in coming months, averaging about one per cent in the year ahead, or 15,000 jobs per month.

THE CANADIAN PRESS

Canadians paying a premium on goods

► Hockey parents buying equipment 20% to 45% cheaper in U.S.



► Shopping in Canada means paying more for goods such as running shoes, hockey skates, pyjamas and pantyhose.

Federal data plan pricey: Report

An ambitious project to centralize the federal government's far-flung data centres will take at least a decade, and require up to \$278 million in new spending, an internal report concludes.

The findings raise questions about whether the far-reaching plan will help eliminate the federal deficit by 2014, as promised by the prime minister, or simply aggravate Ottawa's money woes in the short term.

The report by PriceWa-

terhouseCoopers was commissioned by the Public Works Department to provide strategies for cutting 308 federal data-processing centres down to fewer than 20.

Prime Minister Stephen Harper said during an election campaign stop on April 8 that "consolidating our fragmented computer systems" would help produce some of the \$4 billion in annual savings he needs to balance the books by 2014.

THE CANADIAN PRESS

It's a fact of consumer life that buying in Canada means paying more than you would south of the border, with a so-called Canadian premium on everything from running shoes to hockey skates, from pyjamas to pantyhose.

Even the stronger loonie hasn't been able to overcome obstacles that include import tariffs ranging as high as 18 per cent, a number of higher fixed costs and, admittedly, the fact that retailers in Canada can simply get away with charging consumers more.

"The people who should win from a

stronger Canadian dollar are consumers," said BMO's deputy chief economist, Douglas Porter. "They don't feel that way."

"We have been above parity for basically all of 2011 and when you get to those levels it makes the price comparisons very straightforward and it's frustrating for consumers," said Porter, who has been tracking price differences between the two countries since the loonie soared in 2007.

A Senate committee plans to study the price gap, a process that will take time and could run into 2012, which would miss the holiday shopping

season.

Tariffs on most goods between Canada, the United States and Mexico were phased out under trade deals signed in the late 1980s and early 1990s.

But there are still import duties paid on some goods not covered by these trade agreements as well as a range of clothing and sporting goods that come into Canada from Asia, Europe, South America and other countries.

There's also the cost of doing business in Canada, which adds to the price of goods, said marketing professor Ken Wong of Queen's University.

THE CANADIAN PRESS

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PAUL SULLIVAN
METRO VANCOUVER



Alice on the west coast of Vancouver Island.

It was strong enough to break a few dishes, cause a few cracks, wobble a few Vancouver skyscrapers and rattle a few composures up and down the coast.

It was strong enough to induce the Victoria Times Colonist to put an 1,143-word article about it on the front page. When was the last time you saw an 1,143-word article on anything, never mind the kind of temblor that happens biweekly in the City of Angels?

"I suspect the Governor of California will be surprised again in the not too distant future."

Did the earth move?

It moved all right. The earthquake happened Friday at 12:42 p.m., a relatively strong 6.4 on the Richter scale, 80 kilometres off Port

Still, it was strong enough to remind us that the Big One is still out there, waiting to bite. It was the biggest since 2004, when a 6.6 quake struck the same general vicinity. Didn't feel that one either.

In fact, the only time I experienced an earthquake was in Toronto, of all places,

when I was sitting at my desk in the newsroom and all the desk lamps started to sway back and forth. I thought it was a streetcar going by.

You know the Big One is coming, but you don't know when. Even if we knew, would we be ready?

Most of us weren't ready to get up and go to work this morning, never mind assemble an up-to-date earthquake kit in an always-accessible location, together with a plan for making sure all family members are safe.

Earthquakes breed a kind of fatalism. Back when dinosaurs roamed the earth, I was in San Francisco, where a local TV station had a station ID called "The City That's Waiting to Die," complete with a cartoon sun whose expression changed from a smile to a frown when all the cartoon buildings crumbled.

But it wasn't funny when the Big One hit the Bay Area on Oct. 17, 1989. That was a 6.9 quake and the earth moved for 15 seconds, which was enough to kill 63 people, leave 12,000 homeless and damage 100,000 buildings. No one was laughing.

The governor of California was, however, surprised. "I had been under the impression that the highways had been constructed to deal with any severe earthquake."

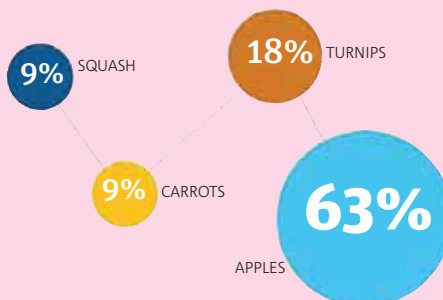
I suspect the governor of California will be surprised again in the not-too-distant future. And I'm also willing to bet that when the earth really moves here, despite the millions sunk into earthquake-proofing, so will the premier of British Columbia.

If it's anything like the official response to the riot, she'll just duck and cover.



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What is the best fall vegetable/fruit?



Letters

RE: *The Lessons of September 11, 10 Years On*, published Sept. 9-11

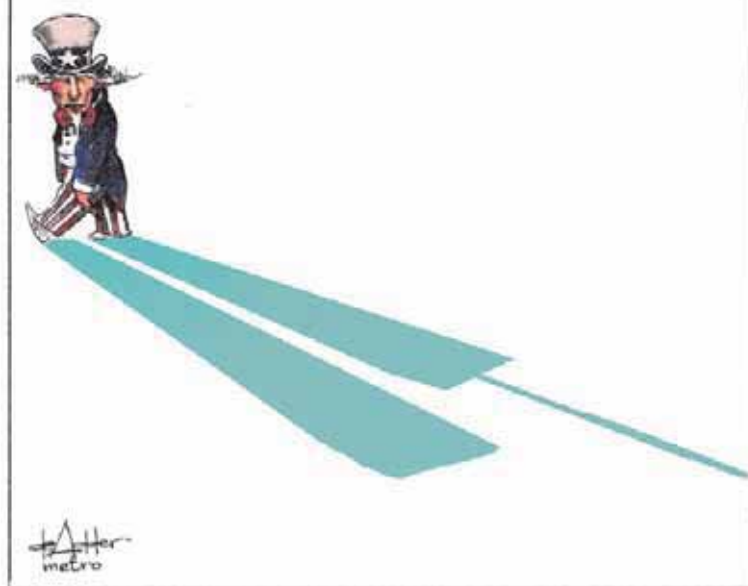
You have failed to mention the hundred of thousands of civilian casualties, the millions of displaced persons, and the vast economic, agricultural and emotional devastation inflicted by our hands on others (namely Iraqi and Afghani civilians) in this "war on terror."

I guess we have not yet learned the lesson to look beyond ourselves. I was also wondering how the thinking that the U.S. depends on Middle Eastern oil and how it supports Israel is delusional thinking? It is a fact that the United States has a certain level of dependence on oil from that region of the world and it is also a fact that the U.S. supports Israel in various ways. Since this premise is true, it is not "delusional" to believe that these factors were implicated in the events of 9-11. I am simply writing to point out the elephant in the room.

As Noam Chomsky said, "If you want to stop terrorism, don't participate in it."

SALEEM AL-NUAIMI, MD
EDMONTON

Cartoon by Michael de Adder



WEIRD NEWS

Not till they're a little older

Officials in South Carolina are moving a school bus stop that was near a strip club after parents complained.

WPDE-TV reports that children had to wait in the parking lot of a strip club in Atlantic Beach to catch the school bus.

Misty Umphries, a mother who waits at the stop with her children, says she had to explain to her four-year-old the meaning of "topless."

Horry County transportation direc-

tor Jim Wright previously said the stop was the central point of four blocks it needed to accommodate.

Wright was concerned that moving the stop to a community centre that parents suggested would require some children to walk farther.

District officials have since decided to create two bus stops in the area. Neither is at the strip club.

A mother of three, Windy Price told WPDE-TV that the bus stop shouldn't be where it is.

"I don't want my children being picked up behind that. I'm not knocking what they do, but I just don't think it's appropriate," she told the local news station.

THE ASSOCIATED PRESS

A 'violent' Drive to remember

► Film garnering positive reactions ► Gosling and film's director forge union



**NED
EHRBAR**
SCENE@METRONEWS.CA

For a guy who plays a stunt driver that moonlights as a getaway driver in *Drive*, Ryan Gosling says he didn't get a whole lot of time behind the wheel in the film.

"I drove myself to set and I drove myself home," he says with a laugh.

But seriously, though.

"I went to driving school, and I did a lot of the driving. But the cool stuff, I didn't do," he says.

"But it was one of the best prep experiences I've ever had, because I'd basically just show up to this big parking lot, and there'd be a new Camaro or a new Mustang and we'd just ride it to the rims until it was smoking or it wouldn't go anymore, then we'd just go home and they'd tow it away and call us when it was fixed."

Drive was something of a meeting of the minds for Gosling and the film's director, Nicolas Winding-Refn.

"We set out to make a violent John Hughes movie, and I think that's what we did," Gosling says.

The movie wouldn't have happened if REO Speedwagon hadn't come on the radio during a drive



► Canadian Ryan Gosling stars in *Drive*.

the actor and director shared one night while discussing the project.

"So something happened in that car, and Nicolas and I were sharing the same dream and we spent the whole movie trying to figure out how that was possible."

Gosling and Winding-Refn's shared dream apparently worked out great, as the actor and director are jumping into more

projects together already.

They're now developing a remake of *Logan's Run* — a project previously kicked around by a number of filmmakers, including Bryan Singer.

And they're getting ready to shoot a film about Thai kickboxing.

No, really.

"I'm going to start fighting soon. We start in January," Gosling says. "I don't know what he's calling it

yet. But that's the fun of working with Nicolas. You discover it every day. That's why he likes to work chronologically, so that the movie is evolving naturally."

With *Drive* already getting such positive reactions wherever they take it, there's even been talk of a sequel — even if it was originally just in jest.

"We were joking for a while — but maybe it's

not a joke — that it would be a prequel called *Drive 2* where it's about Bernie and Ron Perlman," he says.

Of course, like the first film, any possible *Drive* followup needs to start elsewhere, Gosling explains.

"I did hear that James Sallis was writing some kind of a sequel, so I think we have to defer to him first," he says.



Box office



Contagion has infected enough moviegoers to catch the top spot at the box office. Studio estimates released yesterday show that the Warner Bros. pandemic thriller coughed up \$23.1 million in its first weekend.

THE ASSOCIATED PRESS

Can a name make or break a movie?

How important is a movie title when it comes to attracting an audience?

It's a question Terry O'Reilly, host of History Television's new show *What's In a Name?*, can answer.

"Movies titles are an art unto themselves. With so much riding on an opening weekend (which will determine the length of the movie's run) a title does almost all of the heavy-lifting.

"It can even override a trailer in persuading someone to buy a ticket," says O'Reilly, a brand expert, radio host, and best-selling author.

● METRO



► Terry O'Reilly

Name games

What's in a Name?
Premieres tonight at 8 p.m.
ET/PT on History
Television.

► The series follows Canadians looking to find a one-of-a-kind, catchy and marketable name for everything from a rock band to a designer perfume to a soon-to-be born baby.

The good



► Back to the Future

"One of my favourite titles of all time is *Back To The Future*. It was so clever, and so perfect for that story. It contains some friction, which is its magic — how can someone go 'back' to the future?"

"But that was exactly the storyline. A remarkable feat in only four words."

The bad



► The Shawshank Redemption

"One of my least favourite titles was for a film I loved — *The Shawshank Redemption*. I avoided this movie for ages, as I got no 'feeling' from the title. I didn't know how to classify it. It was meaningless, and not intriguing. I have often wondered if that title mowed down the opening weekend sales. But the ultimate irony is that it's a fantastic movie."



Web series *Mis-Adventures of Awkward Black Girl* grows through social media.
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Kim Coates —

► Metro takes the Canadian actor to task on being so darn dangerous



**ANNE
BRODIE**
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He's one of TV's toughest guys, a Canadian living and working in LA. Kim Coates is the epitome of those dangerous characters he's played so often. Coates is the biker outlaw club sergeant-at-arms Alex "Tig" Trager in the acclaimed F/X series *Sons of Anarchy*, which revs up on F/X Canada in November. Coates is in town this week to launch the new season and his latest film, the hockey comedy drama *Goon*, at the Toronto International Film Festival.

You do "bad" so very well. Where do all these shadings of bad come from?

I don't know. I have this big nose and cheekbones and blue eyed tough guy look and I was on hockey skates as a

kid. I got typecast at times but so did De Niro, Oldman and my buddy Costner. I got typecast and I fought against it, but now I've learned to embrace it.

But I don't see you on *Glee*.

Seriously, I'll shock you and be in a musical comedy, *The Boy from Saskatoon*! I can sing and I can dance. It's all about the script.

Do you still feel Canadian?

I'm Canadian! You can take the boy out of Canada but you can't take the Canada out of the boy — I go to Saskatoon once a year and I have a cabin in B.C. where my wife and kids and I enjoy ourselves. Canada is my home.

The *Sons of Anarchy* is an amazing series, done on the *Sopranos* template but with its own lawless flavour.

That's good — we're gutsy. The *Sopranos* worked so well.

Shows that score a 10 out of 10, at 10.

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Tue Picker Sisters

Wed Roseanne's Nuts

Thu Necessary Roughness

Evil or Not?

JASON MERRITT/GETTY IMAGES



► Kim Coates

They were bad boys but there was always someone badder than them and it's the same in the biker world we live in. We are outlaws and do things normal people don't do, but there are always darker people around the corner, in all four seasons of the show.

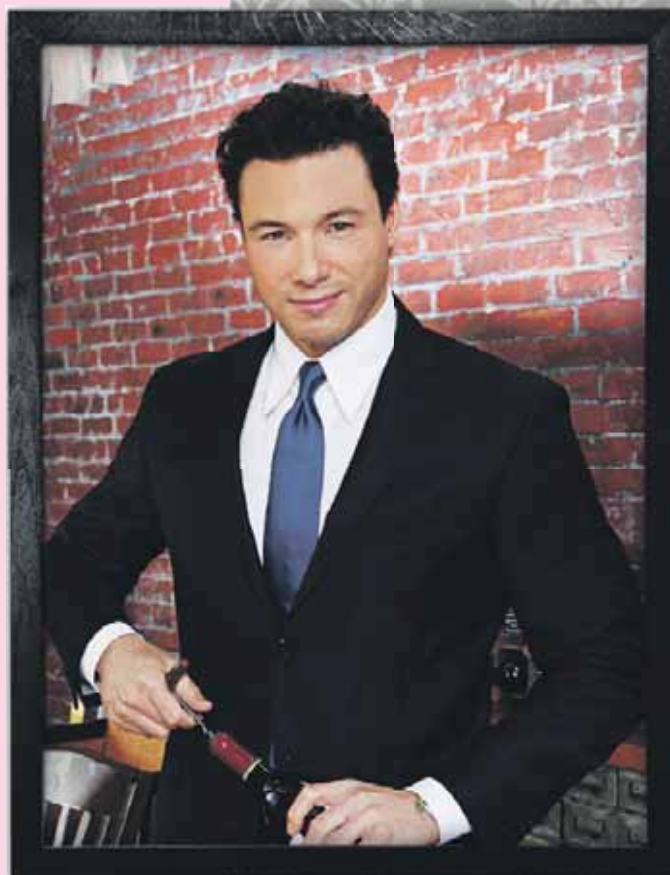
Why haven't there been biker TV

shows before?

Biker shows really put a finger on such a one-percenter kind of world, an esoteric world that no one knew about... But it isn't about any of that. There is a strong Hamlet metaphor in this biker world and I love it. It's not meant to be the perfect biker world; it's the story that counts.

You're in town for TIFF, you star in *Goon*. What's your character like? Bad?

My name is Ronnie Hortense and I'm the head coach of the Halifax Highlanders and it takes place in hockey and takes place in this day and age. It stars Eugene Levy, Jay Baruchel, Liev Schreiber and it's funny. And it's a heavy, romantic hockey piece. Hockey is suffering these days in Russia and the boys we lost in the summer. I don't know what this is going to mean but I know this movie was based on love and hockey and all hockey fans.



WNETWORK.COM



THE RUN

CIBC RUN FOR THE CURE TAKES PLACE ON OCTOBER 2

In 1996, Mike Stevenson, Senior Vice-President for Western Canada, CIBC, signed up for the CIBC Run for the Cure in Kelowna, it was important to support CIBC's involvement in the event and it was a good cause. But on race day, a note "I'm running for my mom" on a runner's bib hit a nerve and led Stevenson to a more heart-felt commitment. "I realized

just how real it is and how this disease affects so many people."

That emotional connection is one that many Canadians have felt... and acted on. The Canadian Breast Cancer Foundation CIBC Run for the Cure today is the largest single-day volunteer-led event raising money and awareness for breast cancer in Canada. Last year, close to 170,000 participants raised \$33 million to fund research, education and awareness programs.

Runs will be held in 59 communities across Canada this year on Oct. 2. Participants will run or walk (most participants actually walk) a 5k or 1k, and it will no doubt be fun, exciting and, at times, emotional.



ALL PHOTOS PROVIDED BY: CIBC

Teams and other groups of family and friends, some with kids in strollers and dogs, will walk the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. There will be lots of survivors walking too (and wearing a different colour). Somewhere near the start line participants will post poignant messages for loved ones and others, on the Wall of Hope.

"My kids sign the Wall of Hope in the Durham, Ont. run every year," says Kevin Dove, Senior Director, External Communications, CIBC. "And we always look up previous years' messages. My wife's mother died of breast cancer at an early age. For my kids, participating in the run is a

connection to a grandmother they don't know."

At the end of the day, everyone is running for someone. "Someone in our office was diagnosed with breast cancer last August," says Colette Ferron, General Manager for CIBC in Toronto, and Run Champion for some 80 branches in the city. "This year, I'm sure a significant number of CIBC employees will be wearing her name."



The newest run location is outside of Canada — in Kandahar. Check out runfortheCure.com/site/TR?fr_id=1370&pg=entry to sponsor someone on the team!

THINK PINK

On Sept. 13, onlookers will likely stop in their tracks as several hundred breast cancer survivors march around Banker's Hall in downtown Calgary.

"The survivors' parade always sends a powerful message of hope to the community as it raises the awareness of breast cancer and the CIBC Run for the Cure," says Nicole Davis, Senior Manager, CIBC Western Region.

The parade is just one of many activities taking place during Think Pink Week to generate excitement and awareness around the upcoming CIBC Run for the Cure.

While most CIBC branches across Canada will be decorated in pink and hold bake sales (think pink cupcakes) and encourage donations in other ways, there will be lots of other fund- and awareness-raising activities too.

In Commerce Court, in Toronto, for example, there will be an area set up with healthy food displays, a breast cancer awareness booth and other information.

In Montreal, an evening gala with dancing and music will be held. Sophie Blouin, Senior Manager, Eastern Region, says 1,000 guests are expected to raise \$80,000.

In Dartmouth, a first-time event will provide information to passers-by. There will be refreshments such as pink lemonade as well as a raffle for a Ford Mustang!

CIBC branches in Edmonton and Vancouver will have afternoon barbecues and feature different speakers including survivors.

"Think Pink Week lets people come out and make a difference in the fight against breast cancer," says Glen Trueman, CIBC Branch Manager, Charlottetown. The city is always decorated with lots of Think Pink banners and signs during the week. "It gives all of us in the different branches the opportunity to work in our communities to increase awareness for a cause we're all fighting for very heavily."

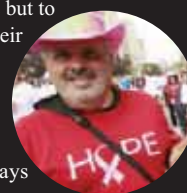
TIME TO STEP UP

WHO ARE YOU RUNNING FOR?

This year's CIBC Run for the Cure participants are being encouraged to not only write the person's name on their bibs but to have it on their shoes too!

It's a unique and fun campaign, says Diane Gordon, Vice-President, National Development, CBCF — Central Office. "We're encouraging people to paint their own shoes, whether it be running shoes or stilettos or anything you want to paint, to show as an expression of who are you running for."

Check out this video for information on how to paint and decorate your shoes: youtube.com/watch?v=8Jm6UWROCB8



BUDDY HOLLY THINKS PINK TOO!

For four years running, the Charlottetown Festival in P.E.I. has generously offered one of its performances as a special awareness show for the CIBC Run for the Cure and breast cancer research. This year Buddy: The Buddy Holly Story has been renamed Buddy Thinks Pink for one night only.

"The hope is that Buddy Holly himself is in the lobby after the show to help collect donations from patrons as they leave," says Glen Trueman, CIBC Branch Manager in Charlottetown. "It's a tremendous awareness piece for us and draws a lot of attention."

The show is at the Confederation Centre of the Arts.



“THE CIBC RUN FOR THE CURE IS NOW PART OF THE FABRIC THAT MAKES UP OUR ORGANIZATION,”

says Veni Iozzo, Senior Vice-President, Marketing and Strategy, CIBC.

That’s not hard to believe when you consider the run started in 1992 and CIBC has been title sponsor for 15 years and a national sponsor prior to that.

In that first year in Toronto, about 1,500 participants raised \$83,000. In 1993, the run expanded to Vancouver and that’s where CIBC employees got involved showing their support for a colleague who was living with breast cancer. That participation spread across the country and inspired CIBC to become a corporate sponsor.

“This is really a grassroots program. It started with the passion of a few employees and it drove our corporate sponsorship,” says Iozzo.

The strength of the partnership and the deep commitment has evolved over the years, says Diane Gordon, vice president, National Development, CBCF – Central



CIBC RUN FOR THE CURE: MAKING THE MOST OF A BAD SITUATION

Office. “We’re up to raising \$33 million last year... what it takes to have something like that happen is a really true close partner like CIBC who makes it a part of their corporate culture to provide that support in helping to make it grow.”

Team CIBC is responsible for team

registrations, the Pink Collection, training branch employees on donation procedures and contributing to run planning. But all year it supports fund- and awareness-raising. For example, the Pink Tour is a mobile education campaign that stops in different towns and cities. CIBC also partners with St.

Margaret’s Hospital to produce information booklets for patients and survivors.



More than 13,000 CIBC employees (and their friends and families) volunteer for CIBC Run for the Cure.

GET IT WHILE IT’S PINK

When CIBC management in 2007 decided to put the kibosh on fund-raising with pink products by individual branches, there was an uproar by employees.

“So we decided to create a collection, which we called the Pink Collection,” says Angela Sarino, Senior Manager of Cause Sponsorship, CIBC. “It provides a fun way of interacting with people, and it’s easier, I think, for people to raise money when they have something they can give back in exchange.”

CIBC works with suppliers to create products and takes ideas to its employees for their input too. “There are regional taste differences but mostly we want to make sure our employees, who are the face of this campaign, are confident in promoting the products as well.”

It’s also imperative to the program that the most possible money is going back to CBCF. “The unit cost of each product must be 50 per cent or less of what we think we can get for it,” says Sarino, “... so at least 50 per cent of what the consumer gives is going back to the cause, which is the Canadian Breast Cancer Foundation.”

CIBC Pink Collection hangtags identify the products and the cause, and they also show the suggested contribution amount. “We’re not selling these products... they’re a ‘gift’ with contribution. And, people usually contribute that amount we suggest if not more.”

CBCF is involved in this program right from selecting the products. Last year, \$1.66 million was raised through the Pink Collection campaign.

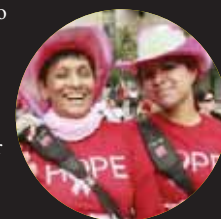
NEW CIBC AWARDS ENCOURAGE STUDENTS TO GET INVOLVED TOO!

“There are so many things that helped fuel the growth (of the run) over the years,” says Diane Gordon, Vice President, National Development, Canadian Breast Cancer Foundation – Central. “This year, for example, CIBC introduced the Post-Secondary Student Challenge awards program.”

The program will award 15 education awards totalling \$150,000, to top student fundraisers across the country. Also, the top fundraising school in each region will be recognized.

The overall goal is to encourage students to participate in the run in a meaningful and fun way. It will also build awareness of the importance of taking steps to reduce risk of breast cancer by leading healthy lifestyle.

For more information, visit runfortheure.com/site/PageServer?pagename=2011_Teams_Challenge.



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THIS YEAR’S CIBC PINK COLLECTION IS ALL NEW AND EXCITING AND AVAILABLE AT YOUR NEAREST CIBC BRANCH. HERE’S WHAT’S IN THE COLLECTION:

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- 3 Run for the Cure Socks, \$7
- 4 Dog Leash, \$7
- 5 Wristlet (with hot pink lining and black exterior), \$10
- 6 Stainless Steel Travel Mug, \$15



Glee over Emmy nod

► Dot-Marie Jones, who plays coach Beiste on Glee, calls nomination the 'golden nugget' of her career

► Jones dishes on kiss from Matthew Morrison

For Dot-Marie Jones, the Creative Arts Emmy nomination for her portrayal of coach Shannon Beiste on Fox's Glee just might have been sent from the heavens.

"This is my 20th year in acting and it's finally that golden nugget that you dream about — that you never know if you'll find," Jones said, tearing up.

The awards were presented at the Nokia Theatre Saturday, where Jones lost to fellow Glee actress Gwyneth Paltrow.

The Emmy nominations were announced on Jones' late father's birthday while she was on a flight to Australia, and she said she remembers thinking to herself: "Dad: Come on, let this be a lucky day, you know?"

Co-star Max Adler broke the news to Jones by congratulating her with a message on Twitter. "I couldn't even talk," Jones recalled.

"I just looked at it. ... I couldn't even say anything."

This sort of open emotion may not be what one expects from the 47-year-old Jones, who was an athlete in school and competed in the 1988 Olympic games, finishing sixth in the shot put competition.

Jones credits friend Shirley Eson of American Gladiators for getting her into acting, which led to roles in a number of productions for Glee producer Ryan Murphy, whose team created the part of Beiste for Jones.

At first glance, the role seemed to be a subtle spin on nasty cheerleading coach Sue Sylvester, played by Emmy nominee and host Jane Lynch.

But by the sixth episode of season two, it was revealed that one reason for Beiste's bitterness was that she'd never been kissed, a situation resolved at episode's end by Glee-club coach Will Schuester (Matthew Morrison).

Jones was not above kissing and telling.

"(Morrison) was just so

Glee costumes get Emmy love

► Costume designer Lou A. Eyrich and supervisor Marisa Aboitiz won a Creative Arts Emmy Award Saturday for their work on the Glee episode, New York.

► "We threw it together," Eyrich said of the costumes. "We were told that they wanted it to be kind of a little nod to Breakfast at Tiffany's," she adds. **THE ASSOCIATED PRESS**



► After 20 years in acting, Dot-Marie Jones has received her first Emmy nomination.

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W WNETWORK.COM

Paltrow gets props for Glee guest spot

Gwyneth Paltrow won a Creative Arts Emmy Award for her guest performances on Glee. Paltrow was a no-show at Saturday's ceremony for technical and other achievements.

"She couldn't be here because it's happy hour at the Starlight Room," presenter and Community actress Alison Brie joked about Paltrow's absence.

In a recent interview, Paltrow said she was "totally thrilled" to be nominated for an Emmy, but she wouldn't be at the ceremony.

The 38-year-old actress said she just reunited with her children in London and couldn't return to Los Angeles for Saturday's ceremony.

Paltrow would, however, return to Glee to reprise the free-spirited substitute teacher Holly Holliday, if invited.

She says she "loves doing that show" and Holly is "probably the most fun character I've ever gotten to play."

THE ASSOCIATED PRESS



like gentle and it was just for me and he is everybody's heartthrob, to fall into that — and just so gentle and sweet and soft and supple," she said.

"And it was just like this 'Mmmmm!' a kiss, but yet it was so. ... What made it so big is how underplayed it was.

"Dude, does that make sense?

"And it was like it was just this sweet, sweet moment that was so huge. It was this little moment

"This is my 20th year in acting and it's finally that golden nugget that you dream about — that you never know if you'll find."

DOT-MARIE JONES ON HER FIRST EMMY NOMINATION IN HER CAREER

that was giant."

Speaking of, the 6-foot-

3-inch, 260-pound Jones said it was challenging to find attire for Saturday's Creative Arts Emmys red carpet.

One designer sent an email asking if Jones would like to come into the showroom, but then discovered her size.

"Next email, 'Oh, god, we're really. ... Oh, well, our showroom only has size zero to six.'

"I'm like, 'Are you kidding me?'"

Friend Lynch came to

the rescue, referring Jones to her own personal designer.

Even now with an Emmy nomination and recognizable face worldwide thanks to Glee, Jones said her professional goals haven't changed at all.

"I just want to work and keep working and doing what I love, because I know in my heart of hearts that I am supposed to be doing this," she said in the interview.

THE ASSOCIATED PRESS

Shatner: Weird or What?

▶ Canadian-born actor's career keeps boldly going in new directions ▶ Legend has a new book, album

You might say William Shatner's entire career could be summed up in three words: Weird or What?

That's also the title of the show he hosts on History Television, returning for a second season tonight at 10 p.m. ET. The series examines the unexplainable.

Why do large rocks appear to "skate" across a desert, or skinny teens suddenly have the ability to lift cars in an emergency? Is there a psychic connection between dolphins and humans? Besides the return of *Weird*, he's also been busy with a new book and CD, receiving honours and, as

always, feeding his horses and dogs.

The *Weird or What?* schedule is a pretty gentle gig. Cameras roll into his house and garden and capture the TV icon setting up one of three stories per episode and then asking viewers, "Was that weird, or what?"

It's the kind of show the endlessly curious Shatner would watch even if he wasn't hosting it. "There are so many mysterious things out there that stagger us and beggar

ceived an honorary doctor of letters from McGill University, his alma mater in June.

He also received the Governor General's Performing

Arts Award for a lifetime of artistic achievement, an accolade that came in May.

So do these awards mean he's finally ready to wind down his career? Bite your

weird or what tongue.

Shatner's new album, *Searching for Major Tom*, boasts contributions from Alan Parsons and Peter Frampton, among others.

The sci-fi themed CD has Shatner doing his unique spoken word "singing" to such classics as *Space Cowboy* and *Rocket Man*.

THE CANADIAN PRESS

Busy man

In his recent documentary *The Captains*, Shatner interviews the other actors who have played starship captains throughout the *Star Trek* franchise.

He'll also be guest starring on *Rookie Blue* when the Global police drama returns in 2012 for a third season. Shatner has a new book coming out called *Shatner Rules: Your Guide to Understanding the Shatnerverse and the World at Large*.

our imaginations," he says. "Quantum physics is showing up just how strange and unpredictable the universe really is." The two-time Emmy winner

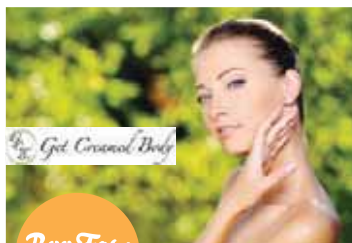


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Monster match for Gaga?

► Singer reportedly dating Vampire Diaries actor Taylor Kinney

Lady Gaga reportedly has a new man in her life: Vampire Diaries actor Taylor Kinney, according to Radar Online.

The two met when Kinney was cast in the video for Gaga's new single, You and I. Things seem to have gotten more serious, according to a source who spotted the pair out at a seaside bar in California recently.

"It was just casual at first, but things are getting pretty hot and heavy," the source says.

"I couldn't tell it was her at first. It just looked like some hot couple making out, but then I realized it was Lady Gaga. Everyone went nuts. She was so sweet too — she even signed some autographs."

● METRO



► Lady Gaga

Biebs wants to be a young dad



Justin Bieber

Justin Bieber is thinking about the future.

"By 25 or 26, I want to see myself, like, married or start looking for a family," the 17 year old tells Women's Wear Daily.

"I want to be a young dad. I want to be able to have done what I wanted to do — to be successful, to do a movie or whatever. But if the time is right, I definitely want to be married by 25."

But with all this talk about settling down, the teen sensation is making one thing clear: "I'm not looking to get married now," he insists.

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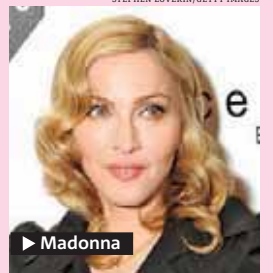
Cougar queen

Her directing work may be receiving luke-warm reviews, but Madonna has other career opportunities, apparently.

Dating website CougarLife.com has reportedly approached the singer about becoming its spokes-

woman, explaining that Madonna is "without a doubt the queen of cougars."

The site is offering her \$300,000, plus an additional \$750,000 if she releases a song by Valentine's Day for the site. ● METRO



► Madonna



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Back to school movies

► A few flicks that may help your kid to prepare for the semester



Dead Poets Society

Prep-schoolers struggle with academic and parental pressures, finding relief in the wise words of their English teacher (Robin Williams). **QUOTE:** Says the prof: "No matter what

anybody tells you, words and ideas can change the world."

LESSON LEARNED: Carpe Diem! Seize the day!
GOOD FOR: Ages 13 and up. There's a suicide, but it's an instructive one.



Mean Girls

You've either been one — or been tortured by one. Lindsay Lohan plays the new girl, seduced by popular kids until she finds out how shallow they are. **QUOTE:** "If only you knew

how mean she really is..."

LESSON LEARNED: Be yourself, even if you have to sit at the nerd table.
GOOD FOR: Ages 11 and up. Show it to your little girls before they become one of the Plastics.



Back to School

An old fart (Rodney Dangerfield) returns to college because...well, there's no real plot reason.

QUOTE: "I think I'm attracted to teachers," says Rodney. "Yeah, I took out an English teacher."

That didn't work out at all. I sent her a love letter... She corrected it!"

LESSON LEARNED: If you apply yourself, you can do anything.
GOOD FOR: 14 and up. Warning: This film contains sexual content and bad jokes



Billy Madison

Over a few months, an immature goofball (Adam Sandler) repeats grades one through 12, to impress his dad and inherit a company. **QUOTE:** "I don't know," says Billy, "I kinda feel like an idiot sometimes. Although I am an idiot, so

it kinda works out"

LESSON LEARNED: Responsibility. It's sometimes more fun than drinking. Because it may lead to scoring the hot teacher.

GOOD FOR: Who are you kidding? Your child has seen this already.



Rushmore

A precocious youth (Jason Schwartzman) acts wise beyond his years — until he falls in love with an older woman and finally flails. A divorcing man (Bill Murray) is his best friend and competition. **QUOTE:** Says Max: "My top

schools where I want to apply to are Oxford and the Sorbonne. My safety's Harvard."

LESSON LEARNED: Act your age.

GOOD FOR: Those 14 and up. Unless your kid is like Max. In which case, 8.



The Graduate

Benjamin (Dustin Hoffman) finished high school. What's next? An affair with an older lady. **QUOTE:** "It's like I was playing some kind of game, but the rules don't make any sense to me," cries Benjamin. "They're

being made up by all the wrong people. I mean no one makes them up. They seem to make themselves up."

LESSON LEARNED: It's OK to feel lost.

GOOD FOR: Ages 13 and up. Assuming they'll sit still for an old movie.



Ferris Bueller's Day Off

Three high schoolers, led by the ballsy Ferris (Matthew Broderick), skip school and truly live.

QUOTE: "I am not going to sit on my ass as the events that affect me unfold to determine the course of

my life," says Cameron. "I'm going to take a stand. I'm going to defend it."

LESSON LEARNED: Carpe Diem! Again!

GOOD FOR: Never let your kids see this movie. God forbid they get minds of their own.

3
life

You need this

NotPad

This perfect back-to-school gift looks like an iPad but is really just a notepad. It's great for kids who want to trick their friends — or officeworkers whose evil bosses won't buy the real thing.

● MW



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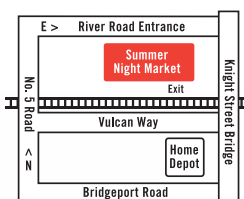
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Take the lentil dip plunge

► From the grain fields of Saskatchewan to specialty stores across Canada, camelina oil enhances the taste of food ► Try it in this tasty dip

Roasting garlic makes it wonderfully mellow, which you want for this Roasted Garlic and Red Pepper Lentil Dip recipe rather than the pungent flavour it has when fresh.

Camelina oil has a slight nuttiness and is not overly heavy, so it is an ideal addition to dips and dressings.

Serve the dip with slices of baguette, crackers or raw vegetables. It's also great mixed into rice or quinoa salads.

Preparation:

- 1** Lightly oil garlic and red pepper with small amount of the camelina oil; place on a baking sheet and roast in a 180 C (350 F) oven for about 30 minutes, turning often, until garlic skin is



► This recipe makes 625 to 750 ml (2 1/2 to 3 cups).

brown and flesh is softened and pepper is lightly charred. (Add any oil residue left on the pan after roasting to dip

while processing for additional flavour.) Set garlic and pepper aside until cool enough to handle. Squeeze out

Ingredients:

- 50 ml (1/4 cup) camelina oil, divided
- 6 to 8 cloves garlic
- 1/2 sweet red pepper
- 500 ml (2 cups) cooled, cooked red lentils
- Salt and pepper, to taste

cloves and peel pepper.

- 2** In food processor, process lentils, roasted red pepper, roasted garlic until smooth. Slowly add remaining oil while continuing to process to ensure emulsification and smooth texture.
- 3** Season with salt and pepper. **THE CANADIAN PRESS/THREE FARMERS**
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Shoring up our resources

► Want to help out? ► Get involved in the Canadian Shoreline Cleanup

BEN KNIGHT
LIFE@METRONews.ca

Have you ever strolled along a lovely shore, and had the wind taken somewhat out of your sails by the sight of even a single piece of litter?

You're not alone. In many urban environments, shorelines offer the closest, most convenient bit of nature most Canadians see on a daily basis. That's why keeping them clean is so important. And that's why the Vancouver Aquarium, WWF-Canada and Loblaw are teaming up this month to offer a simple, hands-on way to get involved.

The Great Canadian

Shoreline Cleanup runs from Sept. 17 through 25.

"There are many great things about this program, but the one I really like is that it is available to absolutely everyone," says the Vancouver Aquarium's Jill Dwyer, program manager for the cleanup. "I've seen parents cleaning up shorelines along with their babies, and this year we have a site co-ordinator in his '80s."

Getting involved is easy. Visit the website — shorelinecleanup.ca — and register either as a participant or local co-ordinator. Co-ordinators get to organize and run their local cleanup. Participants just need to show up.

"It started back in 1994

with just a handful of Vancouver Aquarium employees, who were taking part in the International Coastal Cleanup," she recalls. "Then it grew to be a B.C.-wide program, and in 2002 it went national. Every year since 2003,

we've had cleanups happening in every province and territory across Canada."

Shoreline litter is unsightly and annoying, but it can also be deadly for birds and aquatic animals.

"We're trying ensure it

doesn't get into the water and become aquatic debris," Dwyer says.

"That can lead to toxic chemicals in the water, it can entangle the animals that live there, or they can ingest it and either choke or falsely think they are

Last year

The cleanest and the dirtiest

► **Statistics** In 2010's Great Canadian Shoreline Cleanup, the cleanest shore in British Columbia was Ferry Island in Terrace, with just 0.36 kg of waste per kilometer. The dirtiest was Kanaka Creek and Kanaka Creek Regional Park — 3200 kg/km!

full, not getting the nutrients they need."

Lakes, streams, rivers, wetlands — anywhere land meets water.

One week's co-ordinated effort in September can make a big difference throughout the year. This is the perfect, simple way to make a real contribution.



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'Giving is the only way of getting'

► Multimillion-dollar business owner Radhe Gupta has always come to the table with a commitment to generosity

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



As a young boy growing up in India, Radhe Gupta was already thinking like a businessman.

"If I needed one dollar for school, I'd borrow three. One for

school, one for a cushion for myself and the third dollar I would lend to someone that needed it."

Gupta has turned that simple business practice into a multimillion-dollar real estate company in Edmonton.

He started buying real estate in 1989, and then got into condominium development. From there he skillfully guided the company into developing whole communities and commercial property.

The Rohit Group of Companies grossed more than \$150 million last

"My advice to future entrepreneurs is, never start any business cash short"

ENTREPRENEUR RADHE GUPTA

year. "My advice to future entrepreneurs is, never start any business cash short. You have to make sure you have extra means to cover the shortfalls."

Gupta is telling his story and mentoring others now because he wants to give back to the community and country that gave him and his family so much.

He has a final message for every aspiring entrepreneur and business person reading his story today. "I want them to think, 'If he can do it, so can I.'"



► Radhe Gupta hopes he can inspire and mentor others to achieve their career goals and dreams.

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A mentor and millionaire's advice for aspiring entrepreneurs

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- Giving is the only way of getting
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Lights, camera, active learning

► Educators nation-wide are buzzing about the incorporation of video into the classroom environment



► Young students watch themselves on replay on a video camera to practice their oral French skills.

Zara Cruickshank's Grade 8 science class is a little different from those of yesterday. Students regularly make mini films or podcasts for class projects, reams of notes are a thing of the past and video is an important part of learning.

As the new school year begins a number of Canadian classrooms are increasingly implementing video as an educational tool to keep their digitally-savvy students engaged and interested.

"It's just easy to focus when it's visual," says Cruickshank. "You can be

"Everyone has different learning styles... Video provides the opportunity to almost deliver both (visuals and text) at the same"

JOANNA SANDERS BOBIASH,
TEACHER

creative and have fun doing it because you're putting your ideas together to make something for school, to make school easier."

The 13-year-old at Regi-

na's Ecole Wilfrid Walker is talking specifically about Joanna Sanders Bobiash's classroom.

Bobiash — who travelled to Seattle's Google Teacher Academy this summer to brush up on her web and video skills at the first ever YouTube Teacher Studio — plans to use video a lot more extensively in her classroom this year.

"Everyone has different learning styles, they learn best in different ways," she says. "Video provides the opportunity to almost deliver both (visuals and text) at the same time. You have

visual, you could have written and you have audio at the same time and students can refer to them at their own pace."

The days of classroom video consisting of a TV and VCR rolled in for a lengthy film students could zone out on are over. Bobiash, who teaches science and social studies, uses digital video to deliver information in short, interactive bursts and encourages students to make their own films for projects which can later be posted online through her YouTube channel.

"Before they could only express themselves in the written form, but now they

can express themselves in different ways," said the 35-year-old teacher. "They're really drawn to video when doing research, it helps blend different learning styles better than just reading a bunch of text online."

A concept that really struck her during her time at the Google Teacher Academy was what's being referred to as "flip teaching."

It's when teachers film themselves explaining a concept, or assign an educational video and have the student watch it for homework so they're actively thinking about the subject before it's explored in class the following day.

Bobiash plans to implement more flip teaching at the start of her subject units because she finds students really benefit from the visual component.

"They're not just being given text to memorize," she says. "I would say they're retaining the information better because they have to understand it."

When that understanding is later demonstrated through class projects, Bobiash says her students often blow her away.

"They really get into what they want to know about and their ability to communicate that is phenomenal," she says.

THE CANADIAN PRESS

High-tech teach

Science on the screen

► High school teacher Shelley Wright says this year, for the first time, her students

will have the option to hand in video labs in place of paper-based lab reports.

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BOOK REVIEW

CRAIG LUND
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When it comes to picking a leader, a general assumption has been to look at someone with a lengthy resumé, let's say one with a slew of CEO stints, and assume that success will be imminent.

According to *The Intangibles of Leadership* author Richard A. Davis Ph.D., this assumption — which he refers to as the grey hair fallacy — is not uncommon.

"People assume that grey hair is a determinant of success" says Davis.

"CEOs are hired be-

cause they have been CEOs before, many times regardless of what industry or company they come from."

Davis gives the example of Starwood Hotels & Resorts, owners of Le Meridien, Sheraton, Westin and W Hotel brands, hiring of Steven Heyer, then COO and President of Coca-Cola, to lead the global hotel company.

Despite having been publically lauded by Starwood Chairman Barry Sternlicht as "a marketer who has championed some of the world's most valuable and global brands," Heyer did not work out.

When it came to fit, Heyer's leadership style, a direct and hard-nosed approach, was not a match for Starwood culture.

Davis points out that "leaders aren't wise as a result of their experiences. They are wise be-

cause of their ability to utilize those experiences."

More importantly age is not a precursor.

A management psychologist by trade, Davis' book describes what he refers to as the "intangibles of leadership" which are "interstitial characteristics — traits that fall between the lines of existing leadership models."

Wisdom being one of these characteristics, others include executive maturity, integrity, self-insight, fallibility and fortitude.

Davis' insights poke a few holes in the traditional resumé scan, and describe a kind of leader that would be an asset to any organization.

CRAIG LUND IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETING-TALENTINC.COM OR ON TWITTER @CRAIGLUND



Davis' insights poke a few holes in the traditional resumé scan, and describe a kind of leader that would be an asset to any organization.

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► Former Dragon's Den co-star W. Brett Wilson invests in new series ► Show 'celebrates entrepreneurship'

Former Dragons' Den co-star W. Brett Wilson says he's proud of his work on the CBC-TV business investment series, and he's thankful for what the show did to raise his brand.

But the Calgary-based businessman and philanthropist feels his new Slice series Risky Business falls more in line with his personal principles than Dragons' Den ever did.

"I had said publicly, 'If I'm going to do more TV, it has to celebrate entrepreneurship,'" said Wilson, who split from Dragons' Den last February after contract talks failed.

"For me, Dragons' Den isn't living up to the potential of celebrating entrepreneurship. It's raising the profile but we're not really doing all that we could do and that's really the lost opportunity."



► Risky Business debuts tonight on Slice.

"But that's OK, it's not my show. ... Now (with Risky Business) we get a show that actually celebrates entrepreneurship right from start to finish and I jumped all over it."

Debuting tonight (at 9 p.m. ET) on Slice, Risky Business sees Canadian couples — from spouses to siblings and friends — betting their savings on one of two investment opportunities

proposed by two different entrepreneurs.

The amount of money the couples cough up ranges from about \$10,000 to \$20,000, and they invest it for just 30 days.

Wilson advises the duos as they decide which investment to pick and then strikes his own deal with the entrepreneur they reject.

THE CANADIAN PRESS

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"I think I had one of my best days. I'm very fortunate to do it on this stage."

AUSTRALIA'S SAMANTHA STOSUR AFTER DEFEATING AMERICAN SERENA WILLIAMS IN THE U.S. OPEN WOMEN'S FINAL IN NEW YORK YESTERDAY. THE 6-2, 6-3 VICTORY WAS JUST THE THIRD TITLE AT ANY TOUR-LEVEL EVENT FOR THE 27-YEAR-OLD STOSUR.

Dwell on playoffs nevermore

► Ravens take off after forcing Steelers to six second-half turnovers

The Baltimore Ravens had just beaten their bitter rivals in record-breaking fashion, and some of the players felt inclined to put some perspective on their 35-7 manhandling of the defending AFC champion Pittsburgh Steelers.

Although their blowout victory yesterday provided some payback for January's playoff loss, coach John Harbaugh said the Ravens are focused on this season.

And Baltimore could not have started it any better.

Joe Flacco threw three touchdown passes, Haloti Ngata led an inspired defence that forced a team-record seven turnovers, and the Ravens rolled to a win.

"The whole thing about ghosts, demons, monkeys on your back — that's not real to us," Harbaugh said.

Ray Rice ran for 107 yards and scored twice for the Ravens, who took an early 14-0 lead. It was a re-

match of last season's second-round playoff game that the Steelers won 31-24.

That day, the Ravens let a 21-7 halftime lead slip with three third-quarter turnovers. At halftime yesterday, Baltimore's Ray Lewis spoke up.

"They were saying, 'We've been here before,'" the linebacker said. "No, we haven't been here before. This is a whole new year."

This time, the Ravens got three takeaways in the third quarter to turn a 21-7 advantage into a rout.

Ben Roethlisberger, who had won seven straight against the Ravens, was 22 for 41 for 280 yards and threw three picks.

"I guess they were waiting for this one," Roethlisberger said. "It's not the way you want to start it for us, obviously, (but) I'd rather this be a Week 1 loss than a Week 13, 14, 15 loss." **THE ASSOCIATED PRESS**

Around the NFL

In other action yesterday:

- Ryan Fitzpatrick threw four touchdown passes, two of them to journeyman tight end Scott Chandler, and the Buffalo Bills romped to a season-opening 41-7 victory over the Kansas City Chiefs.
- Brian Urlacher had an interception and returned a fumble for a touchdown, Jay Cutler threw for 312 yards and two scores, and the Chicago Bears pounded

Matt Ryan and the Atlanta Falcons 30-12.

- Matthew Stafford threw for 305 yards and three touchdowns to help the Detroit Lions beat the Tampa Bay Buccaneers 27-20 for their fifth consecutive victory dating to the final month of the 2010 season.
- The Indianapolis Colts looked lost without Peyton Manning and the Houston Texans took advantage, as Matt Schaub threw for 220 yards and a touchdown in a 34-7 rout.



► Defenders Lardarius Webb and Jarret Johnson of the Ravens hit Steelers quarterback Ben Roethlisberger in Baltimore yesterday.

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Loewen's big day

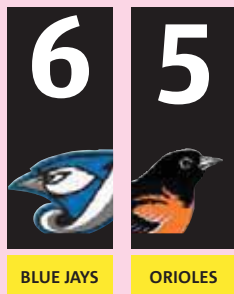
► Former pitcher helps Jays edge O's with first homer

A former Orioles pitcher helped out a returning Blue Jays starter in Toronto's 6-5 win over Baltimore yesterday.

Adam Loewen of Surrey used his first major-league home run to give the Blue Jays a 5-5 tie against his former team, setting the stage for Toronto's win on Jose Bautista's sacrifice fly.

Loewen — who was a starting pitcher with the Orioles for three years — started in centre field for the Blue Jays. His seventh-inning solo shot took Dustin McGowan off the hook for the loss in his first major-league start since July 8, 2008.

Bautista's sacrifice fly later in the inning put the Blue Jays into the lead to stay as they won the rubber match of the three-



BLUE JAYS

ORIOLES

game series.

Joel Carreno (1-0) pitched the top of the seventh to earn his first major-league win and Frank Francisco earned his 14th save.

Loewen's homer over the centre-field fence against Tommy Hunter (3-4) was one of the biggest moments of his baseball career.

"Right up there with the World Baseball Classic (in 2006) when we (Canada) beat the U.S.," Loewen said. "That was my biggest moment until now just because I went from high-A ball and I was pitching against (Derek) Jeter, (Mark) Teixeira, Ken Griffey, guys I grew up idolizing."

"That was probably more exciting but this feels good too."

Loewen was drafted by the Orioles in the first round as a left-handed pitcher. He was 8-8 with a 5.38 earned-run average in 35 games with Baltimore from 2006-2008. But two stress fractures in his elbow forced him into becoming an outfielder, a position that led him to the Blue Jays.

THE CANADIAN PRESS

BREAST CANCER AWARENESS SPECIAL FEATURE



METRO THINKS PINK

October is Breast Cancer Awareness Month, and as always, Metro will be joining the cause. On **Monday October 3** we will run our annual Breast Cancer special feature, with the feature's pages coloured pink for added awareness. We'll focus on the latest in cancer research and will include risk reduction strategies, self-exam tips and even foods that can help treat breast cancer. On the personal side, we will have an essay from a breast cancer survivor, provide tips on how you can support a loved one that might have been diagnosed, and show how fundraising dollars really do help.

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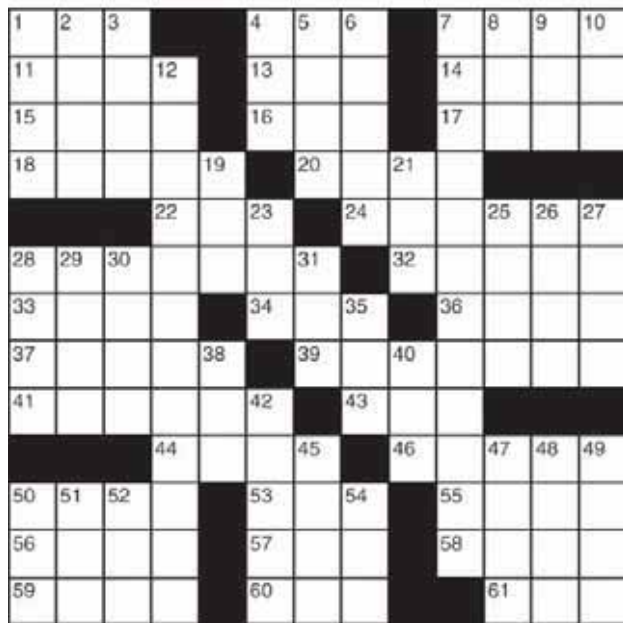
FIRST RESPONSE

metro

Crossword

Across

- 1 Assn.
4 Photo, for short
7 Brussels-based alliance
11 Reddish horse
13 Parisian pal
14 Valhalla VIP
15 Othello's foe
16 Carpet
17 "Finding —"
18 \$1,000
20 Long story
22 Pick a target
24 Saskatchewan's capital
28 Mixture
32 NYC Marathon founder Fred
33 Body powder
34 Hoover, for one
36 Hawaiian fowl
37 Acrylic fiber
39 At ease
41 Interlocked
43 Kids' card game
44 Wilson of "Midnight in Paris"
46 Cockpit occupant
50 First victim
53 Journal
55 Verdi opera
56 Short skirt
57 Actress Gardner
58 Black (Fr.)
59 "Back in Black" rock band
60 Sweet potato
61 Trawler need
Down
1 First (Abbr.)
2 Sound from 47-Down
3 Pop singer Lady —



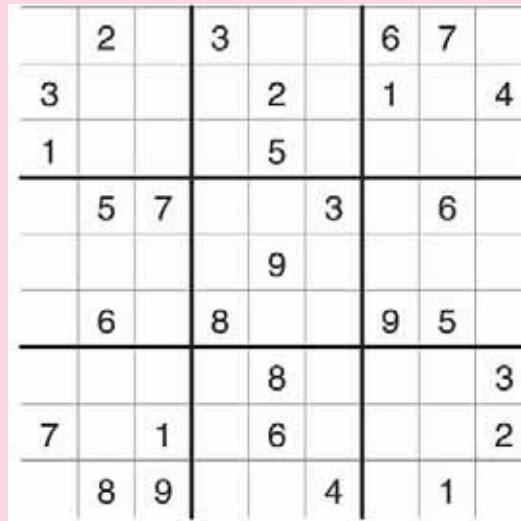
- 4 Standard
5 Radio host Don
6 Stogie
7 One approaching
100
8 Citric drink
9 Allen or Curry
10 John's Yoko
12 Virgin, to a bartender
19 Use a shovel
21 Solidify
23 Crazy
25 Mountain goat
26 Zilch
27 Dumbstruck
28 Molecule component
29 Stallion's partner
30 "— Well That Ends Well"
31 Scratch
35 Kitten's call
38 Fresh
40 Once around the track
42 Postpone
45 — Scotia
47 Jungle critter
48 Garfield's pal
49 Small pie
50 "I — Camera"

- 51 Pen name? 52 Conclusion
54 Group of whales

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

6	9	2	3	4	5	8	1	7
4	3	8	7	2	1	9	6	5
7	5	1	6	8	9	2	4	3
8	4	3	2	7	6	5	8	1
5	1	7	9	3	8	6	2	4
2	8	6	5	1	4	3	7	9
3	7	9	4	5	2	1	6	8
1	2	4	8	6	3	7	9	5
8	6	5	1	9	7	4	3	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Pie
When times are tough and things get you down. Think of your muffin being around. When I think of you pie, I wonder why your not here by my side. Baking with you is a treat. I've been missing you taking a seat! Hope to see you this week.
FROM MUFFINMAN

Someone
Can you pl. be specific with initials? If it is me, I must know that.
FROM SOMEONE

Tristan Larson
I happen to regret a lot in my life, things i wish i did different, things i wish never happened, but truth be told all of it happened for a reason and that reason is to have met you, i may not know how you feel towards me but i know what i feel for you, and what i feel every time i talk to you.
FROM FLIPPY

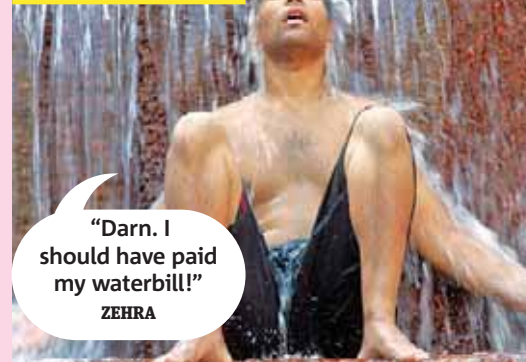
Today's horoscope

- ♈ **Aries** March 21-April 20 If there are things you need to discuss wait until later in the week.
♉ **Taurus** April 21-May 21 The less you reveal about your plans the better.
♊ **Gemini** May 22-June 21 Keep a cool head and don't let the pressure get to you.
♋ **Cancer** June 22-July 22 It may be annoying that family members don't seem that interested in what you are up to but they have their own lives to deal with.
♌ **Leo** July 23-Aug. 23 Make every

- word count. Try not to be rude though.
♍ **Virgo** Aug. 24-Sept. 22 Not everyone merits your help but it will pay you to be kind even to those who do not deserve it.
♎ **Libra** Sept. 23-Oct. 23 Face up to reality today, no matter how unappealing it may be.
♏ **Scorpio** Oct. 24-Nov. 22 You will find it hard to stay focused today as the full moon pulls you first this way then that.
♐ **Sagittarius** Nov. 23-Dec. 21 Be honest with friends and colleagues today, even if you know

For today's crossword answers and for expanded horoscopes, go to metronews.ca that what you have to tell them is not what they want to hear.
♑ **Capricorn** Dec. 22-Jan. 20 This is exactly the right time to finalize plans and commit yourself to a goal you may have been unsure about before. Go for it!
♒ **Aquarius** Jan. 21-Feb. 18 Your ideas are as good as anyone else's ideas so don't think of changing them just because certain individuals seem unimpressed.
♓ **Pisces** Feb. 19-March 20. Sometimes it feels good to let it all out — for you, if not for everyone else!
● SALLY BROMPTON

Caption contest



"Darn. I should have paid my waterbill!"
ZEHRA



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